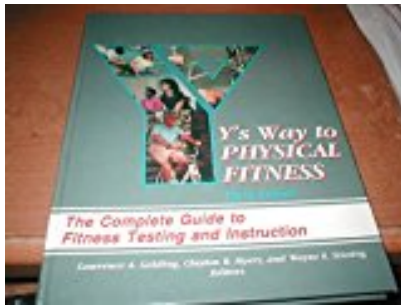


# Ys Way to Physical Fitness The Complete Guide to Fitness Testing and Instruction

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## BOOK DETAILS

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## BOOK SYNOPSIS

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